



H1N1 (;tkJhB \b{}) tkfJo; bJh  
gko/ dh Fw{bhns tkbh dtkJh  
dh  
ek~Bh ;hwktK dh w[n`sbh  
wksk-fgsk\$woh} B'fN;  
f;szpo 2009

## w?~ fJj B'fN; feT[I fwb fojk j?<

f;js ;e`so B/, H1N1 (;tkJhB \b{}) Nhe/ ftu, roGtsh fJ;sqhnK ns/ fszB ;kb s'l x`N T[wo d/ p`funK bJh, gko/ (EkJhwo';b) dh fwedko pko/ tk`fFzrNB dh wz}{oF[dk ;hwk ~ nko}h s"o @s/ w[n`sb eo fd`sk j?. fJj w[n`sbh, f;o\ H1N1 (;tkJhB \b{}) Nhe/ @s/ jh bkr{ j[zdh j?.

id'I gko/ dhnK ;hwktK w[n`sb j[zdhnK jB, sK tk`fFzrNB d/ ek~B j/m s[jk~ ;{fus ehsk ikJ/rk fe s[jk~, nkw s"o @s/ wz}{oF[dk Bkb'l tX/o/ gko/ tkbh dtkJh fwb ojh j?, i/ s[;hIL

- roGtsh iK nkgDk d[X fgnk oj/ j'l iK
- dtkJh b? oj/ 18 ;kb s'l x`N T[wo d/ fJ`e p`u/ d/ wksk-fgsk iK ;ogq;s j'.

## \b{ Nhe/ ftu tk`fFzrNB dhnK gko/ pko/ ek~Bh ;hwktK eh jB<

tk`fFzrNB ek~B fJ`e ;hwk fBFfus eodk j? fe roGtsh fJ;sqhnK ns/ fszB ;kb s'l x`N T[wo d/ p`funK bJh fd`sk ikD tkbk gkok fezBk j'Dk ukjhdk j?. ek~B j/m b'V j? fe H1N1 (;tkJhB \b{}) Nhe/ ;w/s, \b{ dk Nhek, fJjBK d'tK ;w{jK bJh jo 0.5 fwbhwhNo ][oke bJh, 1.0 wkJheq'rkw s'l t`X dk gkok w[jJhnk Bjhl ehsk iKdk. s[jkvk vk`eNo iK Bo;, fJjBK fwedkoK d/ neko pko/ d';D ftu wdd eo ;ed/ jB.

## H1N1 (;tkJhB \b{}) NhfenK ftu gko/ pko/ ;oekoh ;hwk ~ fet/I tXkfJnk ik ;edk j?<

f;js ;eso, d' ekoDK eoe/ Nhe/ tk;s/ gko/ dh fwedko pko/ tk`fFzrNB dh wz}{oF[dk ;hwk ~ nko}h s"o @s/ w[n`sb eo ;edk j?L fJ; Nhe/ Bkb o'eh ik ;eD tkbh fpwkoh d/ c?bD @s/ iK fJ; Nhe/ Bkb o'eh ik ;eD tkbh fpwkoh ftW'X b'eK dh f;js dh okyh bJh T[gbpX Nhe/ dh ewh ekoD. H1N1 (;tkJhB \b{}) Nhek, fJjBK d'tK ekoDK j/m Y[etK j?.

## H1N1 (;tkJhB \b{}) Nhe/ ftu gko/ pko/ ;hwktK ~ w[n`sb feT[I ehsk frnk ;h<

j' ;edk j? gko/-ofjs H1N1 (;tkJhB \b{}) Nhek jo ;w/l T[gbpX Bk j'J/. gko/ pko/ ;oekoh ;hwk Bkb roGtsh fJ;sqhnK ns/ fszB ;kb s'l x`N T[wo d/ p`u/, fijBK ~ fJj dtkJh ukjhdk j?, ~ dtkJh Bjhl fwb ;edh. H1N1 (;tkJhB \b{}) Nhe/ bJh gko/ dh ;hwk u[`eD Bkb roGtsh fJ;sqhnK ns/ fszB ;kb s'l x`N T[wo d/ p`funK d/ wksk-fgsk iK ;ogq;sK ~, i/ T[j, fJj ukj[zd/ jB, fJ; dtkJh ~ jk;b eoB dk ftebg fwb/rk.

## **gkok ns/ EkJhwo';b eh jB<**

gkok, u"frod/ ftu fwbd tkbk fJ`e e[dosh s`s j?. u"frod/ ftubk gkok, T[u/ g`XoK @s/ b'eK bJh }fjohbk j' ;edk j?. EkJhwo';b, fJ`e okytK ekoe j?, i' e[M NhfenK dh p?eNhohnK tkbh bk| ~ o'eD bJh gko/ dh fJ`e t`yoh fe;w dh tos'l eodk j?.

H1N1 (;tkJhB \b{} pko/ j'o ikDekoh, tkfJo; bJh Nhek ns/ gko/ dh ;hwk w[n`sbh pko/ ([www.doh.wa.gov/h1n1/](http://www.doh.wa.gov/h1n1/)) nk`BbkJhB gsk b`r ;edk j?. Nhek ;[o`fynk ikDekoh fJE/ th T[gbpX j? ([www.doh.wa.gov/cfh/immunize/vaccine/vaccine-safety.htm](http://www.doh.wa.gov/cfh/immunize/vaccine/vaccine-safety.htm)).

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i/ s[jk~ ngzrsk j? ns/ fJ; ikDekoh dh fe;/ j'o \kow?N ftu b'V j?, sK feogk eoe/ 1-800-322-2588 @s/ '\B eo' (711—TTY fob/).